



April 2024

THE FITNESS COLLECTIVE
Elevate Your Health-Conscious

HEAL'D FEMININITY


Every Friday, enjoy a class that helps connect to feminine energy (heels recommended) to heal & nurture yourself to confidence! **\$75 (\$25 each)**

1st - 6th SPRING BREAK

Altered schedule for a few of our Motivators who are Moms, to spend vacation time with their family. Safe travels!

Community: SEVA Yoga

Mon 6AM -Donation-based yoga classes taught by one of our recent Teacher Training graduates. Experience beginner friendly postures & guidance

SUN	MON	TUES	WED	THURS	FRI	SAT
COLOR CODES	1	2	3	4	5	6
*In-Studio ONLY *Studio + Virtual *Series/Course *Sub Instructor	11:30am MERGE: Sculpt+Stretch *6:00pm BodySculpt Bootcamp *7:15pm R&B Yin Yoga	*6:00am Hot Vibes Yoga 11:30am Yoga Reset 6:00pm Pilates w/ Judi 7:30pm Hot Vibes Yoga	*6:00am Sculpt+Hotcore **SOCKS RREQUIRED** 11:30am Full Body HIIT *6:00pm HotCore **SOCKS RREQUIRED** 6:45pm Yoga Nidra *For Sleep*	*6:00am Hot Vibes Yoga 11:30am Buti Yoga Xpress 4:30pm Pilates w/ Judi 6:00pm BarreLates Beats 7:15pm Mediation	11:30am VinYin Lite 6:00pm Candle-lit Yoga HEAL'D Femininity 7:30pm Take a Seat w/ Tiffany	*8:30am BodySculpt Bootcamp 10:00am Yoga Sculpt 4:30pm Gentle Yoga
7	8	9	10	11	12	13
4:30pm VinYin Yoga	11:30am MERGE: Sculpt+Stretch *6:00pm BodySculpt Bootcamp *7:15pm R&B Yin Yoga	*6:00am Hot Vibes Yoga 11:30am Yoga Reset 6:00pm Pilates w/ Judi 7:30pm Hot Vibes Yoga	*6:00am Sculpt+Hotcore **SOCKS RREQUIRED** 11:30am Full Body HIIT *6:00pm HotCore **SOCKS RREQUIRED** 6:45pm Yoga Nidra *For Sleep*	*6:00am Hot Vibes Yoga 11:30am Buti Yoga Xpress 4:30pm Pilates w/ Judi 6:00pm BarreLates Beats 7:15pm Mediation	11:30am VinYin Lite 6:00pm Candle-lit Yoga HEAL'D Femininity 7:30pm SexyLov w/ Courtney	*8:30am BodySculpt Bootcamp 10:00am Yoga Sculpt 4:30pm Gentle Yoga
14	15	16	17	18	19	20
9:00am SEVA Yoga 4:30pm VinYin Yoga	6:00am SEVA Yoga 11:30am MERGE: Sculpt+Stretch *6:00pm BodySculpt Bootcamp *7:15pm R&B Yin Yoga	*6:00am Hot Vibes Yoga 11:30am Yoga Reset 6:00pm Pilates w/ Judi 7:30pm Hot Vibes Yoga	*6:00am Sculpt+Hotcore **SOCKS RREQUIRED** 11:30am Full Body HIIT *6:00pm HotCore **SOCKS RREQUIRED** 6:45pm Yoga Nidra *For Sleep*	*6:00am Hot Vibes Yoga 11:30am Buti Yoga Xpress 4:30pm Pilates w/ Judi 6:00pm BarreLates Beats 7:15pm Mediation	11:30am VinYin Lite 6:00pm Candle-lit Yoga HEAL'D Femininity 7:30pm Club Cardio w/ Shy	*8:30am BodySculpt Bootcamp 10:00am Yoga Sculpt 4:30pm Gentle Yoga
21	22	23	24	25	26	27
4:30pm VinYin Yoga	6:00am SEVA Yoga 11:30am MERGE: Sculpt+Stretch *6:00pm BodySculpt Bootcamp *7:15pm R&B Yin Yoga	*6:00am Hot Vibes Yoga 11:30am Yoga Reset 6:00pm Pilates w/ Judi 7:30pm Hot Vibes Yoga	*6:00am Sculpt+Hotcore **SOCKS RREQUIRED** 11:30am Full Body HIIT *6:00pm HotCore **SOCKS RREQUIRED** 6:45pm Yoga Nidra *For Sleep*	*6:00am Hot Vibes Yoga 11:30am Buti Yoga Xpress 4:30pm Pilates w/ Judi 6:00pm BarreLates Beats 7:15pm Mediation	11:30am VinYin Lite 6:00pm Candle-lit Yoga HEAL'D Femininity 7:30pm Jazz Pizazz w/ Bree	*8:30am BodySculpt Bootcamp 10:00am Yoga Sculpt 4:30pm Gentle Yoga
28	29	30	WHAT ELSE DO WE DO?			
9:00am SEVA Yoga 4:30pm VinYin Yoga	6:00am SEVA Yoga 11:30am MERGE: Sculpt+Stretch *6:00pm BodySculpt Bootcamp *7:15pm R&B Yin Yoga	*6:00am Hot Vibes Yoga 11:30am Yoga Reset 6:00pm Pilates w/ Judi 7:30pm Hot Vibes Yoga	Scan for our new app: R04NDQ 		We offer Fascial Stretch & Massage Therapy, Private Yoga or Yoga Therapy Sessions, Weight-loss/Nutrition Coaching. Also, infrared Sauna, Personal Training & Recovery sessions. Follow us on IG: @fitnesscollective_atl Schedule with our Partnered Professionals today!	